



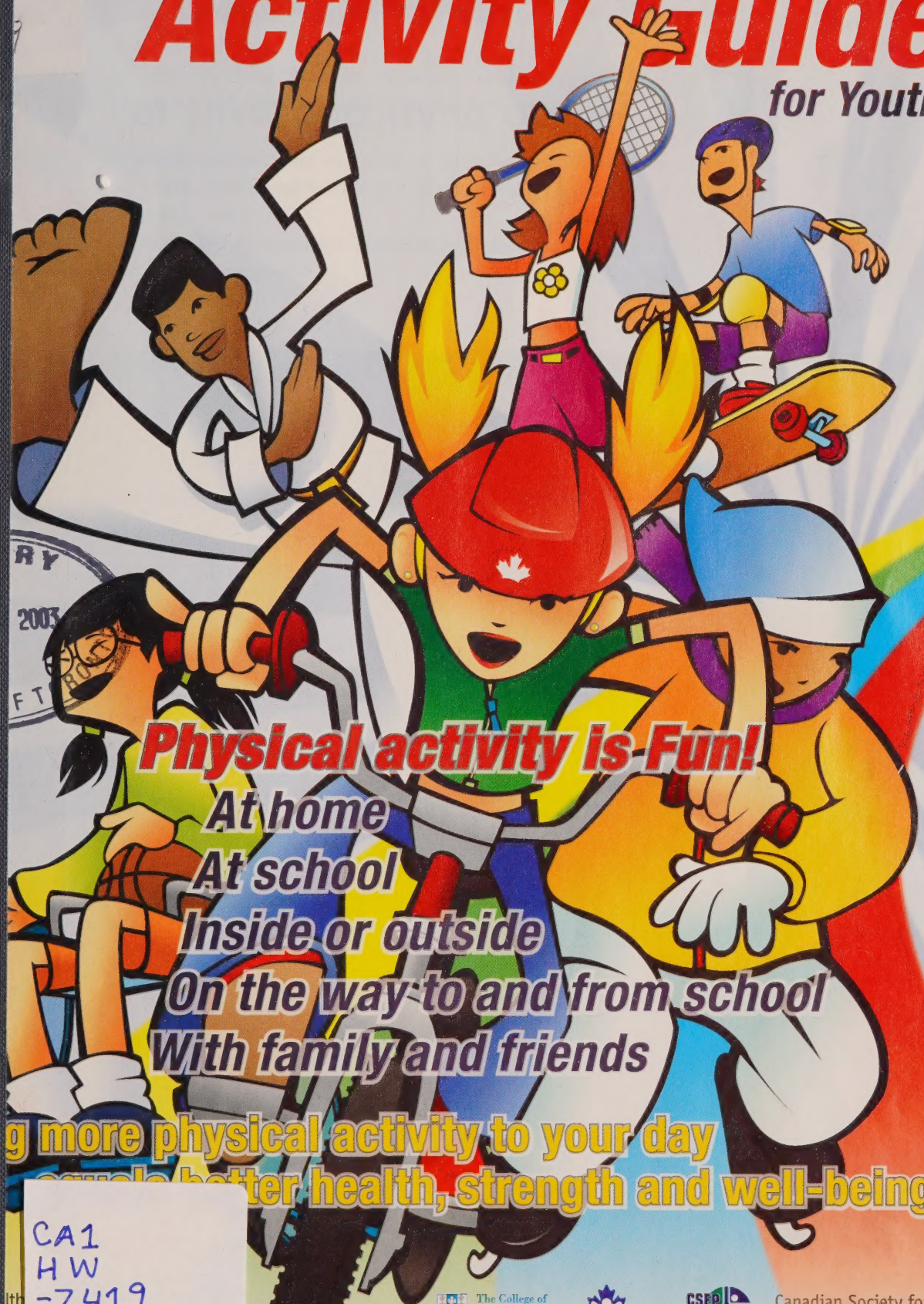
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Physical Activity Guide

Healthy Active Living

Government
Publications

Canada's Physical **Activity Guide** for Youth



Physical activity is Fun!

At home

At school

Inside or outside

On the way to and from school

With family and friends

Adding more physical activity to your day
can lead to better health, strength and well-being!

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The College of
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Canadian
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Canadian Society for
Exercise Physiology

to Healthy Active Living

Canada's Physical

Activity Guide

for Youth

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**Adding more physical activity to your day
equals better health, strength and well-being!**

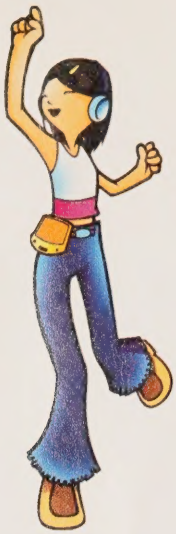


Health Canada Santé Canada

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Canadian Society for
Exercise Physiology



Dare to be **Active!**

Tune into physical activity to:

- Meet new friends
- Improve physical self-esteem
- Achieve a healthy weight
- Build strong bones and strengthen muscles
- Maintain flexibility
- Promote good posture and balance
- Improve fitness
- Strengthen the heart
- Increase relaxation
- Promote healthy growth and development

Let's Get **ACTIVE!**

Canada's Guidelines for **INCREASING** Physical Activity in Youth

This Guide will help you:

1. INCREASE time **CURRENTLY** spent on physical activity, starting with 30 minutes **MORE** per day (See CHART BELOW)

2. REDUCE "non active" time spent on TV, video, computer games and surfing the Internet, starting with 30 minutes **LESS** per day (See CHART BELOW)

Build up physical activity throughout the day in periods of at least 5 to 10 minutes

MONTH	Daily INCREASE in moderate* activity (Minutes)		Daily INCREASE in vigorous** activity (Minutes)		Total Daily INCREASE in physical activity (Minutes)	Daily DECREASE in non-active time (Minutes)
Month 1	at least 20	+	10	=	30	30
Month 2	at least 30	+	15	=	45	45
Month 3	at least 40	+	20	=	60	60
Month 4	at least 50	+	25	=	75	75
Month 5	at least 60	+	30	=	90	90

Congratulations!

Daily active time is part of a healthy lifestyle.

***Moderate physical activity examples**

- Brisk walking, skating, bike riding

****Vigorous physical activity examples**

- Running, supervised weight training, basketball, soccer



Here's the scoop!

– Combine three types of physical activity for best results:

1. **Endurance** activities that make you breathe deeper, your heart beat faster, and make you feel warm.
2. **Flexibility** activities like bending, stretching and reaching that keep your joints moving.
3. **Strength** activities that build your muscles and bones.



Here are some ideas to get you started

Decide to take the first step – It's all up to you – And YOU can DO it!

- Walk more – to school, to the mall, to the park, to your friend's house
- Walk, run or bike instead of getting a drive with mom or dad
- Take the dog for a walk
- Run, jump, skateboard, snow-board, ski, skate or toboggan
- Play sports
- Go skating, swimming, bike riding or bowling
- Rake the leaves, shovel snow or carry the groceries
- Take a class like yoga, hip hop, aerobics or gymnastics
- Check out some activities at the community centre
- Be active with your friends
- Put on some music and move
- Stretch your muscles every day
- Try something new like wall climbing or dance classes

Choose **activities you like or think you might like.**





Active bodies need energy

Follow *Canada's Food Guide to Healthy Eating* to make wise food choices



Healthy activity is safe activity

Canada



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Please use this Guide with additional support resources.

For more information: Call 1 888 334-9769

or visit www.healthcanada.ca/paguide



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